

July 2013

# My Maricopa

**INSIDE THIS ISSUE:**

the *Activity* guide  
your guide to staying active in Maricopa

**FEATURED PROGRAM:**

## Laser Tag League

details on page AG6



# Thank you for making the Great American Barbecue outstanding!

The 2013 Great American Barbecue was a huge success! Thousands of people came out to Pacana Park to celebrate the Independence Day holiday. Shallow Water entertained the crowd with hits from the past and the present and got people out of their seats and dancing. The Kid's Zone was a splashing good time as kids enjoyed the water slides and bouncers. At the Americana Games, participants competed in the tug-of-war and displayed their fast pie-eating skills. For all of the hungry folks who came out to the event, there was a wide variety of delicious food such as barbeque, hot dogs, burgers, fry bread, sandwiches, fries, ice cream and cold drinks. For all of the adult visitors, the Maricopa Chamber of Commerce hosted the beer garden and supplied frosty cold beverages.

Many business vendors were present selling everything from jewelry, clothes and candles and a variety of services. Several non-profit organizations hosted games for the

little ones. Toward the end of the evening, Mayor Christian Price and members of the Maricopa City Council led the Patriotic Celebration. Also taking part in the celebration was the Maricopa Police Honor Guard and Miss Arizona Jennifer Smestad who sang the National Anthem. The evening ended with an outstanding fireworks display that left everyone feeling patriotic.

The Great American Barbecue was made possible by our participating sponsors. The City would like to thank **Okland Construction** for sponsoring the Main Stage, **State Farm Insurance** local agents Lance Lane and Courtney Tyler for sponsoring the Kid's Zone and **Harrah's Ak-Chin Casino** for sponsoring the Americana Games. We would also like to thank our water slide and bouncer sponsors, our volunteers that assisted with the event and all of the City staff that lent a hand. We appreciate your commitment to the community. We hope to see you all again at our next event.

## City Launches New Registration Program for Classes, Sports

The City has a new registration system! As of July 1, the City now utilizes the ActiveNetwork for all online registrations. Participants will be able to register for classes and sports leagues. All participants will need to set up a new account with the Active Network before registering for classes or sports. There will be a \$2 fee for all transactions. Please note that you can sign up for as many programs as you like and if it is done all at the same time you will only pay \$2. However, if you choose to register for multiple programs at different times, it will cost \$2 per transaction. The link for the Active Network will be on the City's website under the "I Want To" header.

Please note that fall soccer registrations will still be taken through the City's current online registration system.

This new registration system is convenient and user friendly. The Community Services Department will also be able to send emails about upcoming registration dates and programs to all users in our database. If you have any questions or need assistance setting up an account, please call (520) 316-6960. The City looks forward to your participation in the outstanding programs that will be offered.









Catalog Codes & Help Guide	AG3
Programs:	
Art & Music	AG3
Dance & Gymnastics	AG4
General Interest	AG6
Sports, Health & Fitness	AG8
Training & Certifications	AG10
Sports Calendar	AG10



## ART & MUSIC

### Age-appropriate icons

help you find the programs and classes that are age relevant and may be suitable for you and your family:

-  May be suitable for children ages 1-5.
-  May be suitable for children ages 6-12.
-  May be suitable for teens ages 13-17.
-  May be suitable for older teens and adults ages 18+.

**Where's my class?** Here's a reference guide to help you better identify where our programs are located:

- ATA = Maricopa Blackbelt Academy
- CAC = Central Arizona College
- CTR = Copa Center
- DSG = Desert Star Gymnastics
- MDF = Maricopa Dance & Fitness
- MPL = Maricopa Public Library
- MWM - Maricopa Wells Middle School
- PP = Pacana Park
- RSS = Rise and Shine
- UAL = UltraStar Multi-tainment Center
- TBD = To be determined

### How to read the catalog

correctly is important in selecting the programs that interest you and work with your schedule. Here's what you should expect to find in the program schedule line: Session, Age Requirement, Cost of Class, Day(s) of the Week, Date Range, Class Time and Location Code.

#### Basic Beading Class



This class is geared for the beginning beader and will cover the basics of design, tools and materials as well as hands on instruction to complete a necklace, bracelet and earring set. Once the students gets the basics down they will be able to advance to wire wrap and beyond. Tools and various bead kits will be included in the \$35 fee.

16+	\$35	S	8/31	1-4PM	CTR
16+	\$35	S	9/07	1-4PM	CTR
16+	\$35	S	9/14	1-4PM	CTR
16+	\$35	S	9/21	1-4PM	CTR
16+	\$35	S	9/28	1-4PM	CTR
16+	\$35	S	10/05	1-4PM	CTR
16+	\$35	S	10/12	1-4PM	CTR
16+	\$35	S	10/26	1-4PM	CTR
16+	\$35	S	11/02	1-4PM	CTR
16+	\$35	S	11/09	1-4PM	CTR
16+	\$35	S	11/16	1-4PM	CTR
16+	\$35	S	11/23	1-4PM	CTR
16+	\$35	S	12/07	1-4PM	CTR
16+	\$35	S	12/14	1-4PM	CTR

#### Floral Design



The student will learn proper methods of material preparations, design and assembly of center pieces, wreaths and various florals. The student will be able to complete their project by the end of the class. The instructor will provide hands on assistance. Glue guns, glue and wire cutters will be provided.

16+	\$25	Th	11/21	6-8PM	TBD
16+	\$25	Th	12/12	6-8PM	TBD
50+	\$20	M	11/18	10AM-12PM	TBD
50+	\$20	M	12/09	10AM-12PM	TBD

#### Instant Guitar for Hopelessly Busy People



Have you ever wanted to learn how to play the guitar but simply find it difficult to make the time? In just a few hours you can learn enough about playing the guitar to give you years of musical enjoyment, and you won't

have to take private lessons to do it. This crash course will teach you some basic chords and get you playing along with your favorite songs right away.

11+ \$49 T 9/03 4-6:30PM TBD

#### Instant Piano for Hopelessly Busy People



You don't need years of weekly lessons to learn how to play piano. In just a few hours, you can learn enough secrets of the trade to give you years of musical enjoyment. You will learn all the chords you'll need to play any song. If you can find middle C and know the meaning of Every Good Boy Does Fine, you know enough to enroll in this workshop.

18+ \$49 T 9/03 6:40-9:40PM TBD

#### Maricopa Children's Theatre: Pinocchio



Hop a ride with Pinocchio as he takes off on his classic adventure! Staying faithful to the original beloved story by Carlo Collodi, Kathryn Schultz Miller has adapted the story for the stage with lots of fun and comedy. Please note that rehearsing on your own, outside of class will be required. Show will be on Friday, October 25 from 5-9pm, and Saturday, October 26 from noon-5pm. Additional rehearsal will be held the week of the show.

5-14 \$55 T 9/03-10/22 6-7:30PM TBD

#### Photography 101



This workshop series is designed for the beginning photographer. You will learn basic principles regarding camera functionality, composition, and lighting. You can take one course in the series or all three. So, if you are ready to improve your photography, then this workshop is for you! Don't forget your camera.

18+ \$75 F 9/13-9/27 6-8PM CTR  
18+ \$75 S 10/05-10/19 12-2PM CTR



### Photography Workshop #1: Photography Basics



This workshop series is designed for the beginning photographer. You will learn basic principles regarding camera functionality, composition, and lighting. You can take one course in the series or all three. So, if you are ready to improve your photography, then this workshop is for you! Don't forget your camera. Workshop #1: Photography Basics Do you wonder what those little buttons are on your camera? This workshop will walk you step by step on aperture, shutter speed, ISO, white balance and much more! At the end of this workshop, you will be able to use your camera to its fullest capability.

18+	\$25	F	9/13	6-8PM	CTR
18+	\$25	S	10/05	12-2PM	CTR

### Photography Workshop #2: Composition Matters



This workshop series is designed for the beginning photographer. You will learn basic principles regarding camera functionality, composition, and lighting. You can take one course in the series or all three. So, if you are ready to improve your photography, then this workshop is for you! Don't forget your camera. Workshop #2: Composition Matters Taking a great photo is more than lifting up your camera and taking a shot. In this workshop, you will learn how to achieve the best exposure, rule of thirds, family group arrangements, black and white photography and how to use your aperture for creative effects. This workshop will take you to the next level!

18+	\$25	F	9/20	6-8PM	CTR
18+	\$25	S	10/12	12-2PM	CTR

### Photography Workshop #3: Practice at the Park



This workshop series is designed for the beginning photographer. You will learn basic principles regarding camera functionality, composition, and lighting. You can take one course in the series or all three. So, if you are ready to improve your photography, then this workshop is for you! Don't forget your camera. Workshop #3: Practice at the Park In this workshop, you will apply the principles regarding camera functionality, composition, and lighting. You will be given a series of assignments which will take you step by step. These include varying your shutter speed and aperture to achieve the best exposure, using depth of field to get creative effects and applying the principles of composition. Your photos will be evaluated during the workshop or you can send to the instructor afterwards for additional critique.

18+	\$25	F	9/27	6-8PM	CTR
18+	\$25	S	10/19	12-2PM	CTR

### Secrets of Better Photography



Basic technology for both film and digital photography, including camera use, exposure and lighting. Explore strategies for taking excellent photos of all types including portraiture, landscape, macro and still life. Instructor: Jake Johnson

18+	\$29	M	11/04	9AM-12PM	CAC
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## D A N C E & G Y M N A S T I C S

### Creative Movement Dance



Let your little one explore movement and dance through creative skills and techniques. This will be a fun and active class that keeps them moving and grooving and will beengaged in learning new things. No dress code required. Each session is five weeks long.

1-3	\$30	T	8/27-9/24	10-10:45AM	MDF
1-3	\$30	T	10/01-10/29	10-10:45AM	MDF
1-3	\$30	T	11/05-12/03	10-10:45AM	MDF

### First Steps Combo Dance



Students will learn how to work in a group setting without mom or dad. Class will spend 20 minutes on tap, 20 minutes on ballet and

20 minutes on basic tumbling (this is not a gymnastics class). This is a fun and active class which keeps students moving and engaged in learning new things. Students are recommended to wear any color leotard with or without skirt, pink tights, pink leather ballet shoes, and black tap shoes. Note: No classes October 7-12 and November 27-30.

3-4	\$35	T	8/27-9/24	4-5PM	MDF
3-4	\$35	W	8/28-9/25	10-11AM	MDF
3-4	\$35	S	8/31-9/28	9-10AM	MDF
3-4	\$35	T	10/01-10/29	4-5PM	MDF
3-4	\$35	W	10/02-10/30	10-11AM	MDF
3-4	\$35	S	10/05-11/02	9-10AM	MDF
3-4	\$35	T	11/05-12/03	4-5PM	MDF
3-4	\$35	W	11/06-12/11	10-11AM	MDF
3-4	\$35	S	11/09-12/14	9-10AM	MDF
5-7	\$35	Th	8/29-9/26	4-5PM	MDF
5-7	\$35	S	8/31-9/28	10-11AM	MDF
5-7	\$35	Th	10/03-10/31	4-5PM	MDF
5-7	\$35	S	10/05-11/02	10-11AM	MDF
5-7	\$35	Th	11/07-12/12	4-5PM	MDF
5-7	\$35	S	11/09-12/14	10-11AM	MDF

### Fit N Learn



Fit N Learn is an active approach to healthy learning. Prepare your child for kindergarten as the class creatively incorporates things like the ABC's, 1,2,3's, and days of the week into a physically active environment.

3-5	\$58	F	9/06-9/27	9-10:45AM	DSG
3-5	\$44	F	10/04-12/06	9-10:45AM	DSG
3-5	\$44	F	11/01-11/22	9-10:45AM	DSG

### Flipping Star Tumblers



Star Tumblers class is designed for those who want to learn the skills of tumbling in a safe and fully equipped gym to reinforce and assist in other programs such as dance, cheer or preparation of Desert Star Gymnastics tumbling and trampoline programs, or for other programs.

5-8	\$83	MW	9/04-9/30	5:30-6:15PM	DSG
5-8	\$48	W	9/04-9/25	5:30-6:15PM	DSG
5-8	\$48	M	9/09-9/30	5:30-6:15PM	DSG
5-8	\$48	MW	10/14-10/30	5:30-6:15PM	DSG
5-8	\$36	M	10/14-10/28	5:30-6:15PM	DSG
5-8	\$36	W	10/16-10/30	5:30-6:15PM	DSG
5-8	\$48	M	11/04-11/25	5:30-6:15PM	DSG
5-8	\$83	MW	11/04-11/27	5:30-6:15PM	DSG
5-8	\$48	W	11/06-11/27	5:30-6:15PM	DSG
5-8	\$36	M	12/02-12/16	5:30-6:15PM	DSG
5-8	\$63	MW	12/02-12/18	5:30-6:15PM	DSG
5-8	\$36	W	12/04-12/18	5:30-6:15PM	DSG



For more information visit

**maricopa-az.gov****Hip Hop Dance**

Learn the latest dance moves from all of your favorite video stars! Hip Hop is an explosive dance style that mixes coordination and rhythm for an hour of fun. By combining fast paced rhythms and movement, your child will get a workout without realizing they are breaking a sweat! Each session is 5 weeks long. No dress Code Required. NOTE: No classes on October 9 and November 27.

4-7	\$35	W	8/28-9/25	4-5PM	MDF
4-7	\$35	W	10/02-10/30	4-5PM	MDF
4-7	\$35	W	11/06-12/11	4-5PM	MDF
7-12	\$35	W	8/28-9/25	5-6PM	MDF
7-12	\$35	W	10/02-10/30	5-6PM	MDF
7-12	\$35	W	11/06-12/11	5-6PM	MDF
13+	\$35	W	8/28-9/25	6-7PM	MDF
13+	\$35	W	10/02-10/30	6-7PM	MDF
13+	\$35	W	11/06-12/11	6-7PM	MDF

**Hip Hop for Kids**

Basic elements of hip hop dance: emphasis on tricks, poses, and a variety of old and new urban dance styles to the beat and rhythm of hip hop music. Dancers will learn a fun dance routine. Instructor: Stevens Norsworthy

6-10	\$20	Th	9/05-9/26	5:15-6:15PM	TBD
6-10	\$20	S	9/07-9/28	10-11AM	TBD
6-10	\$20	Th	10/03-10/24	5:15-6:15PM	TBD
6-10	\$20	S	10/05-10/26	10-11AM	TBD

**Parent & Star Gymnastics**

Parent & Star introduces your child to all the gymnastics equipment, develops core balance, strength, and socialization while spending some quality time with your child bonding and most of all, having fun! NOTE: No class during the week of October 7-12.

1-3	\$52	T	9/03-9/24	6:15-6:45PM	DSG
1-3	\$52	T	10/01-10/29	6:15-6:45PM	DSG
1-3	\$52	T	11/05-11/26	6:15-6:45PM	DSG
1-3	\$39	T	12/03-12/17	6:15-6:45PM	DSG

**Pre-Ballet Dance**

Ballet is the foundation for understanding movement execution for all other dance styles. Ballet classes are known for developing overall strength, proper posture, flexibility and coordination. NOTE: No classes on September 2 and October 7.

6-10	\$35	M	8/26-9/23	4-4:45PM	MDF
6-10	\$35	M	9/30-10/28	4-4:45PM	MDF
6-10	\$35	M	11/04-12/02	4-4:45PM	MDF

**Pre-Jazz Dance**

Jazz dance is a fun and vibrant mixture of various techniques. This high energy class plays off the body's natural movement and rhythmic expectations. Routines are designed to increase the body control, coordination and cardiovascular system. Dress code is loose fitting non-binding clothing. NOTE: No classes on September 2 and October 7.

6-10	\$35	M	8/26-9/30	4:45-5:15PM	MDF
6-10	\$35	M	9/30-10/28	4:45-5:15PM	MDF
6-10	\$35	M	11/04-12/02	4:45-5:15PM	MDF

**Pre-Tap Dance**

Looking for a fun dance class for your son or daughter to try out? Then tap your way into our class. This 45 minute class moves at a quick pace while teaching a variety of simple and complex rhythms. No dress code required. NOTE: No classes on September 2 and October 7.

6-10	\$35	M	8/26-9/23	5:30-6:15PM	MDF
6-10	\$35	M	9/30-10/28	5:30-6:15PM	MDF
6-10	\$35	M	11/04-12/02	5:30-6:15PM	MDF

**Red Super Stars Gymnastics**

Red Super Stars is designed for children that have perfected some of the basics taught in the Super Stars class including, but not limited to: learning the basics of vault, bars, beam, and floor events. Children learn core strength, flexibility and are progressively getting ready to perfect all their skills. PLEASE NOTE: Class is offered once or twice a week for four weeks. You may choose from the following days: Monday at 5:45-6:30pm, Tuesday or Thursday 5-5:45pm. Please call Desert Star Gymnastics to set up days 520-414-4991.

*One class per week:*

7+	\$58	M	9/09-9/30	5:45-6:30PM	DSG
7+	\$58	TTh	9/03-9/26	5-5:45PM	DSG
7+	\$44	TTh	10/01-10/29	5-5:45PM	DSG
7+	\$44	M	10/14-10/28	5:45-6:30PM	DSG
7+	\$58	M	11/04-11/25	5:45-6:30PM	DSG
7+	\$58	T	11/05-11/26	5-5:45PM	DSG
7+	\$44	Th	11/07-11/21	5-5:45PM	DSG
7+	\$44	M	12/02-12/16	5:45-6:30PM	DSG
7+	\$44	TTh	12/03-12/19	5-5:45PM	DSG

*Two class per week:*

7+	\$93	MTTh	9/03-9/26	SEE DESC	DSG
7+	\$93	MTTh	10/01-10/31	SEE DESC	DSG
7+	\$93	MTTh	11/04-11/26	SEE DESC	DSG
7+	\$70	MTTh	12/02-12/19	SEE DESC	DSG

**Shooting Stars Gymnastics**

Shooting Stars is a fun and progressive program that will teach safe basics on each piece of equipment in the gym. Children will learn: rolls, handstands, jumps, swings, and so much more! They will develop skills such as: walking on the balance beam, hanging on rungs and bars, pushing on pommel horse, jumping on tumble track and learn to develop weight transfer on the floor. PLEASE NOTE: Class is offered once or twice a week for four weeks. You may choose from the following days: Monday or Wednesday 4- 4:45pm , Tuesday or Thursday 4:30 -5:15pm. Please call Desert Star Gymnastics to set up days (520) 414-4991.

*One class per week:*

5-7	\$58	M-Th	9/02-9/30	4-4:45PM	DSG
5-7	\$58	M-Th	10/01-10/31	4-4:45PM	DSG
5-7	\$58	M-Th	11/04-11/27	4-4:45PM	DSG
5-7	\$44	M-Th	12/02-12/19	4-4:45PM	DSG

*Two class per week:*

5-7	\$93	M-Th	9/03-9/30	SEE DESC	DSG
5-7	\$93	M-Th	10/01-10/31	SEE DESC	DSG
5-7	\$93	M-Th	11/04-11/27	SEE DESC	DSG
5-7	\$70	M-Th	12/02-12/19	SEE DESC	DSG

**Star Tots**

Star Tots is a wonderful class designed for children who are easily separated from their parents and can follow 1-2 step instructions. Boys and girls will be introduced to all the gymnastics equipment in a fun and safe environment. Children will develop core strength, flexibility and balance while safely learning the basics of gymnastics. NOTE: No classes during the week of October 7-12.

2	\$52	Th	9/05-9/26	6:15-6:45PM	DSG
2	\$52	Th	10/03-10/31	6:15-6:45PM	DSG
2	\$39	Th	11/07-11/21	6:15-6:45PM	DSG
2	\$39	Th	12/05-12/19	6:15-6:45PM	DSG

**Super Star Boys Gymnastics**

Super Star Boys is an all boy class that teaches the basics of gymnastics while giving boys the opportunity to work together on all skills such as still rings, vault, parallel bars, swinging, running speed, tumbling, men's high bar, hip circles, large swings, trampoline and coordination while developing core strength, upper body strength, flexibility and balance. NOTE: No classes during the week of October 7-12.

6+	\$58	T	9/03-9/24	4:15-5PM	DSG
6+	\$58	Th	9/05-9/26	4:15-5PM	DSG



6+	\$58	T	10/01-10/29	4:15-5PM	DSG
6+	\$58	Th	10/03-10/31	4:15-5PM	DSG
6+	\$58	T	11/05-11/26	4:15-5PM	DSG
6+	\$44	Th	11/07-11/21	4:15-5PM	DSG
6+	\$44	T	12/03-12/17	4:15-5PM	DSG
6+	\$44	Th	12/05-12/19	4:15-5PM	DSG
6+	\$93	TTh	9/03-9/26	4:15-5PM	DSG
6+	\$93	TTh	10/01-10/31	4:15-5PM	DSG
6+	\$93	TTh	11/05-11/26	4:15-5PM	DSG
6+	\$70	TTh	12/03-12/19	4:15-5PM	DSG

### Teen Ballet Dance



Ballet is the foundation for understanding movement execution for all other dance styles. Ballet classes are known for developing strength, proper posture, flexibility and coordination. Each session is five weeks long.

13-18	\$35	W	8/28-9/25	4-5PM	MDF
13-18	\$35	W	10/02-10/30	4-5PM	MDF
13-18	\$35	W	11/06-12/11	4-5PM	MDF

### Teen Jazz Dance



Jazz dance is a fun and vibrant mixture of various techniques. This high energy class plays off the body's natural movement and rhythmic expectations. Routines are designed to increase body control, coordination, and cardiovascular system. Dress code is loose fitting non-binding clothing. Each session is five weeks long. NOTE: No classes on October 9 and November 27.

13-18	\$35	W	8/28-9/25	5-6PM	MDF
13-18	\$35	W	10/02-10/30	5-6PM	MDF
13-18	\$35	W	11/06-12/11	5-6PM	MDF

### Tumble Stars



Tumble Stars is a fun and progressive program that will teach safe basics on each piece of equipment in the gym. Children will learn: rolls, handstands, jumps, swings, and much more. They will develop skills such as walking on the balance beam, hanging on rings and bars, pushing on pommel horse, jumping on tumble track and learn to develop weight transfer on the floor. PLEASE NOTE: Class is offered once or twice per week for four weeks. Please contact Desert Star Gymnastics to set up days (520) 414-4991. No classes during fall break.

One class per week:

3-4	\$58	M-F	9/03-9/30	4-4:45PM	DSG
3-4	\$58	M-F	10/01-10/31	4-4:45PM	DSG
3-4	\$58	M-F	11/01-11/27	4-4:45PM	DSG
3-4	\$44	M-F	12/02-12/20	4-4:45PM	DSG

Two class per week:

3-4	\$93	M-F	9/03-9/30	4-4:45PM	DSG
3-4	\$93	M-F	10/01-10/31	4-4:45PM	DSG
3-4	\$93	M-F	11/01-11/27	4-4:45PM	DSG
3-4	\$70	M-F	12/02-12/20	4-4:45PM	DSG

## E D U C A T I O N

### Next Steps for Teens



The Next Steps Vocational Exploration Program developed by ECI combines elements of job readiness training and life skills development to assist high school students in their transition from school into independent adulthood. Topics include an overview of the college admissions process, resume and cover letter writing, interview skills, money management and more. Students will have an opportunity to assess their skills and interests, talk with recruiters, and develop a personal success plan to guide them through their transition into adulthood. The program is held on Saturdays starting September 7, 2013 and runs for 6 weeks. The cost to register is \$30. For more information, please contact Rocky Brown at (520) 316-6835 or rocky.brown@maricopa-az.gov.

13-20	\$30	S	9/07-10/12	11AM-12:30PM	MPL
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## G E N E R A L I N T E R E S T

### Beginning Genealogy



Students will learn the genealogy research process and use forms and software programs to organize information and conduct Internet research. Instructor: Bob Lewis

18+	\$59	W	10/02-10/23	10AM-12PM	CAC
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### Cooking for Special Needs Children



Student will be learning to use their imagination to show that you can procure a masterpiece when you add ingredients together. Using the five senses any student, whether verbal or non verbal, will appreciate the ability to cook. Students will use functional academics needed in cooking, measuring, mixing, etc, and use important problem solving skills to overcome challenges. Each student will finish the class with a special needs cookbook and preparation of a meal for their friends and family. Parents are welcome to join the class or send a respite provider when a 1:1 ration is needed.

4+	\$5	W	10/16-12/18	1-1:45PM	RSS
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### Cooking with Arizona's Hot Solar Rays



Want to learn how to build a solar oven and cook in it? You will learn how to build a simple solar oven. Then by using the hot Arizona sun, be able to cook simple and delicious dishes for your family. Instructor: Verl Long

18+	\$29	S	11/02	10AM-1PM	CAC
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### How Can Google Help Your Business



This class is intended to help new and existing business alike by teaching how Google can help improve productivity and communication. More than just an email platform, Google offers a host of very useful tools that would otherwise cost thousands of dollars in software and hardware to implement. As a bonus, the presentation for the class will be done in the latest in presentation software (Prezi). No boring powepoint here! NOTE: Students will need a personal laptop and installed web-browser (Google Chrome Preferred).

16+	\$29	Th	9/26	1-3PM	CTR
16+	\$29	S	9/28	1-3PM	CTR
16+	\$29	Th	10/03	6-8PM	CTR

### iPad For Beginners



Explore the basics of your iPad. Topics include: iPad settings, customizing, and surfing the web. Instructor: Luis Sanchez

18+	\$25	Th	10/24	4:30-6:30PM	CAC
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### Laser Tag League



Get out of the heat this summer and play on a laser tag team! Matches will take place every Wednesday night at Urban Arena Laser Tag in the UltraStar Multi-tainment Center. Matches include two games per night. The season runs for 4 weeks between September 4 - September 25. Team registration of 5 players only costs \$100. (Players must be 42" tall) For more information please contact Monte Cowing at (520) 316-6961 or monte.cowing@maricopa-az.gov.

12+	\$100	W	9/04-9/25	6-10PM	UAL
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### Making Sense of Social Security



Social Security benefits have been designed to provide working Americans with a source of retirement income. In this class, explore Social Security benefits available and

how benefits are calculated and eligibility determined. You will also learn how Social Security and Medicare relate to one another. Instructor: Andy Lockridge

18+ \$25 M 10/28 9-10AM CAC

### Planning a Fundraising Event Part I



Learn the fundamentals of effective fundraising for your church, club, corporate, or non-profit organization. Learn strategic planning techniques to create a successful fundraising plan. Instructor: Karla Woods-Stephens

18+ \$25 S 10/05 10AM-12PM CAC

### Planning a Fundraising Event Part II



Review the fundamentals of effective fundraising for your church, club, corporate, or non-profit organization. Create a team, select strategic planning techniques, and implement a successful fundraising event. Location: C115 Instructor: Karla Woods-Stephens

18+ \$25 S 10/19 10AM-12PM CAC

### Quien Sabe Espanol II?

#### Who Knows Spanish II?



This class is designed for people who have taken a Spanish course and now want to practice. Continue developing conversational Spanish speaking and listening skills primarily through pattern practice, repetition and practical application. The course features basic sentence structure, pronunciation and vocabulary applied to real life conversations. Instructor: Sally Burge

18+ \$79 M 10/07-11/04 1PM-3:30PM CAC



### Reiki I



Reiki is a powerful, complete system of energy-based holistic healing where spiritually guided life force energy is directed for the purpose of promoting health, balance, and well-being at the physical, mental, emotional, and spiritual levels. Reiki I is primarily for self-healing using

simple hands-on and visualization techniques. You will learn the symbol for physical healing and receive an attunement which opens your energy pathways to become a channel for Reiki. Instructor: Sophia Day

18+ \$39 Th 10/17 9AM-3PM CAC

### Reiki II



Reiki II adds power to the Reiki healing energy by including additional symbols which intensify the energy flow and facilitate mental, emotional, and distance healing. You will receive the Reiki II symbols and an attunement which greatly amplifies your healing power and allows for intentional direction of the healing energy. Instructor: Sophia Day

18+ \$39 Th 11/14 9AM-3PM CAC

### Reiki III



Reiki III amplifies your powerful healing abilities and assists with further opening your intuition and ability to tune into energies. You will receive the Reiki Master symbols, a Reiki III attunement, and learn advanced techniques and information on how to use additional tools to enhance energetic healing. Instructor: Sophia Day

18+ \$39 Th 12/12 9AM-3PM CAC

### Sunshine Afterschool Program for Special Needs



This program, using an applied Behavior Analysis based curriculum and experienced leaders, provides specialized sensory-motor, cognitive, communicative, social interaction and behavioral training to promote skill development for special needs children. Our program includes hands on activities, community outings and social skills training for students with any ability level. This program is held at Rise and Shine but your child does not need to attend the Rise and Shine school to be able to participate.

4+ \$20 M-F 8/05-12/13 2-6PM RSS

### What More Can Your iPad Do?



Discover more exciting features of your iPad. Learn how to use all the built in apps, how to purchase additional apps and how everyone in your family can benefit from using the iPad. Instructor: Luis Sanchez

18+ \$25 Th 11/21 4:30-6:30PM CAC

## YOUTH COUNCIL



Applications will be accepted for the 2013-2014 Maricopa Youth Council starting August 1, through August 29, 2013. Interested applicants must be between the ages of 14-18 and be residents of Maricopa or the surrounding planning area. For more information, contact Rocky Brown at (520) 316-6835 or [rocky.brown@maricopa-az.gov](mailto:rocky.brown@maricopa-az.gov).

**Who:** All Maricopa Youth between 14-18 years of age. **What:** 2013-2014 Maricopa Youth Council. **Why:** Be the voice of the youth in the community!

**Where:** Applications available at Maricopa City Hall, Maricopa Public Library, Online and local schools starting August 1st. **When:** Meetings bi-monthly on the 2nd and 4th Tuesday. **Cost:** Free.

## SPORTS, HEALTH & FITNESS

### Active Adult Zumba



Zumba is a Latin-inspired dance class that incorporates Latin and international music and dance movements, creating a dynamic, exciting, exhilarating, and effective fitness system. Zumba, known as a "Zumba Fitness Party" combines fast and slow rhythms that tone and sculpt the body using an aerobic/fitness approach to achieve a unique blended balance of cardio and muscle toning benefits. Dancers and non-dancers alike immediately and easily master a Zumba class because previous dance experience is not necessary. The Zumba program is the most effective, innovative and exhilarating workout with core elements like touch up, cardio, toning and cooldown.

50+	\$27	W	9/04-9/25	4-5PM	CTR
50+	\$27	W	10/02-10/23	4-5PM	CTR
50+	\$27	W	11/06-11/27	4-5PM	CTR

**Adult Tennis - Level 1**

Adult tennis classes are available for both novice and experienced players. Our level one class is for our noviced students who will learn basic strokes, strategies and rules of the game in order to become proficient for match play.

18+ \$55 Su 9/08-10/20 4:30-5:30PM PP  
18+ \$55 Su 11/03-12/08 4:30-5:30PM PP

**Adult Tennis - Level 2**

Adult tennis classes are available for both novice and experienced players. Our level two class is for the more experienced player who will learn new shots to improve their gameand overall footwork such as approach shots, volley and overhead.

18+ \$55 Th 9/12-10/24 8:30-9:30AM PP  
18+ \$55 Th 11/07-12/19 8:30-9:30AM PP

**ATA Taekwondo**

**Karate Kids:** Students learn Taekwondo from nationally ceritified Black Belt and Master Instructors in Maricopa's only full-time professional martial arts school. Students enjoy fitness, self-defense and life skills training through a variety of disciplined exercises. Featuring the Kids 'n Power child safety and bullying prevention program, ATA FIT/Warrior XFIT, and the latest in personal protection training. New/White, Orange and Yellow Belts only.

7-11 \$59 M 8/26-9/30 5:15-5:55PM ATA  
7-11 \$59 T 8/27-10/01 4:30-5:10PM ATA  
7-11 \$59 W 8/28-10/02 3:45-4:25PM ATA  
7-11 \$59 Th 8/29-9/26 6-6:40PM ATA  
7-11 \$59 F 8/30-10/04 3:45-4:25PM ATA  
7-11 \$59 M 10/28-12/02 5:15-5:55PM ATA  
7-11 \$59 T 10/29-12/03 4:30-5:10PM ATA  
7-11 \$59 W 10/30-12/04 3:45-4:25PM ATA  
7-11 \$59 Th 10/31-12/05 6-6:40PM ATA  
7-11 \$59 F 11/01-12/06 3:45-4:25PM ATA

**Teens & Adults:** A traditional Taekwondo program taught by nationally ceritified Black Belt and Master instructors in Maricopa's only full-time professional martial arts school. Classes emphasize overall fitness and self-defense. Featuring ATA FIT/Warrior XFIT, and the latest in personal protection training. New/White, Orange and Yellow Belts only.

12+ \$59 M 8/26-9/30 7:30-8:10PM ATA  
12+ \$59 T 8/27-10/01 7:30-8:10PM ATA  
12+ \$59 W 8/28-10/02 7:30-8:10PM ATA  
12+ \$59 Th 8/29-10/03 7:30-8:10PM ATA

12+ \$59 F 8/30-10/04 6-6:40PM ATA  
12+ \$59 M 10/28-12/02 7:30-8:10PM ATA  
12+ \$59 T 10/29-12/03 7:30-8:10PM ATA  
12+ \$59 W 10/30-12/04 7:30-8:10PM ATA  
12+ \$59 Th 10/31-12/05 7:30-8:10PM ATA  
12+ \$59 F 11/01-12/06 6-6:40PM ATA

**Tiny Tigers:** Students learn Taekwondo with an emphasis on listening and following directions. The ATA Life Skills education program prepares young children for school success by encouraging and rewarding discipline, respect, courtesy and self-sontrol. Classes taught by nationally ceritified Black Belt and Master instructors in Maricopa's only full-time professional martial arts school. Featuring the Kids 'n Power child safety and bullying prevention program. New/White, Orange and Yellow Belts only.

4-6 \$59 M 8/26-9/30 3:45-4:25PM ATA  
4-6 \$59 T 8/27-10/01 6-6:40PM ATA  
4-6 \$59 W 8/28-10/02 5:15-5:55PM ATA  
4-6 \$59 Th 8/29-10/03 4:30-5:10PM ATA  
4-6 \$59 F 8/30-10/04 3:45-4:25PM ATA  
4-6 \$59 M 10/28-12/02 3:45-4:25PM ATA  
4-6 \$59 T 10/29-12/03 6-6:40PM ATA  
4-6 \$59 W 10/30-12/04 5:15-5:55PM ATA  
4-6 \$59 Th 10/31-12/05 4:30-5:10PM ATA  
4-6 \$59 F 11/01-12/06 3:45-4:25PM ATA

**Body Step Aerobics**

This class is an energizing step class where you will utelize a 3" step platform to increase your heart rate. You will be working at a walking pace so movements are very easy to follow. This cardio calorie burning and muscle conditioning class can help shape and tone your body.

18+ \$50 MW 8/26-9/25 5:45-6:45PM TBD  
18+ \$50 MW 9/30-10/30 5:45-6:45PM TBD  
18+ \$50 MW 11/04-12/04 5:45-6:45PM TBD

**Heart Opening Yoga - All Levels**

Unwind in the evening with Hatha Yoga, focusing on proper alignment and a positive attitude. This class is for anyone looking to lengthen and stretch those tight muscles, beginners looking for a fun and approachable practice, more experienced yogis looking to enhance their practice, and anyone needing a little peace of mind with active strengthening and relaxation. Modifications will be provided as necessary for both the beginner and

intermediate student, with detailed verbal cues and hands on assistance offered throughout each class. Please bring a yoga mat and water. Instructor: Felicity Garcia, RYT 200

16+ \$48 MW 8/13-9/05 7-8PM CTR  
16+ \$48 MW 9/24-10/17 7-8PM CTR  
16+ \$48 MW 10/22-11/14 7-8PM CTR  
16+ \$48 MW 11/19-12/12 7-8PM CTR

**Lifetime Fitness for Special Needs Children**

This program will teach the students to use their own unique abilities to maintain personal fitness and health in their lives. Students will learn about healthy food choices, exercise and sports, experiencing how they can take part in an active and healthy lifestyle regardless of physical barriers. Topics explored will include deep breathing and relaxation, exercise equipment like the treadmill and trampoline, lifetime sports like bowling, yoga and laser tag, as well as, what nutrition is needed to keep their bodies as healthy as possible. All special needs children are welcome.

4+ \$5 W 8/28-10/02 1-1:45PM RSS

**Pilates for Seniors**

Pilates provides a full body workout and focuses on core conditioning, increasing stamina and energy, strengthening arms, legs, back and buttocks. This is a way for you to regain, maintain and/or attain strength throughout the body. Wear comfortable clothing, bring a Yoga/Pilates mat, bring water, towel and cushion for comfort. NOTE: No class on May 24. Instructor: Sylvia Norsworthy.

50+ \$25 T 9/03-9/24 9:30-10:15AM CTR  
50+ \$25 T 10/01-10/29 9:30-10:15AM CTR  
50+ \$48 T 09/03-10/29 9:30-10:15AM CTR

**Quickstart Tennis**

Quickstart tennis is a way for beginners to be more successful learning the basic skills in tennis. Through a safe, fun and knowledgeable program the city class offer recreational group tennis lessons for beginners that want to learn coordination, equipment knowledge, court etiquette and stroke development. Some of the things that quickstart offers to make your child more successful are different racquet sizes, smaller court sizes and foam balls.

5-7 \$55 Th 9/12-10/24 5:45-6:45PM PP  
5-7 \$73 S 9/14-11/16 8:30-9:30AM PP

**REGISTER ONLINE:  
MARICOPA-AZ.GOV**



5-7 \$55 Th 11/07-12/19 5:45-6:45PM PP  
 8-10 \$55 Th 8/29-10/17 5:45-6:45PM PP  
 8-10 \$55 W 9/11-10/23 5:45-6:45PM PP  
 8-10 \$73 S 9/14-11/16 9:45-10:45AM PP  
 8-10 \$55 Th 10/31-12/12 5:45-6:45PM PP  
 8-10 \$55 W 11/06-12/18 5:45-6:45PM PP

### Restorative Yoga



Restorative yoga is a gentle way to balance, renew and restore the body. It can activate healing from chronic pains, major life events, injuries, fatigue or medical illnesses like high bloodpressure, heart disease, arthritis, and many more. Learn yogic breathing and meditation techniques to use in everyday life. The class is slow, deeply nurturing, and aimed at reducing stress within the body. Each class will incorporate essential props for restorative yoga including blankets, cushions, pillows, balls, chairs, and the wall to create a deeper sense of relaxation. Leave the class feeling refreshed. Wear comfortable clothing, bring a yoga mat, pillow, cushion or blanket for extra comfort.

50+ \$25 T 9/03-9/24 11:45AM-12:30PM CTR  
 50+ \$25 T 10/01-10/29 11:45AM-12:30PM CTR  
 50+ \$48 T 9/03-10/29 11:45AM-12:30PM CTR

### SilverSneakers Fitness Program



SilverSneakers Fitness Program encourages Medicare-eligible individuals to participate in physical activity and addresses mental and social needs. Delivered through a nationwide network of more than 11,000 participating locations, SilverSneakers is the nation's leading fitness program designed exclusively for active older adults.

50+ FREE MW 8/26-12/18 1PM-2PM CTR

### Strengthen, Lengthen and Tone, Mat Pilates - All Levels



Pilates helps to strengthen, lengthen, and tone while building core stability and flexibility. Integrating the six principles of Pilates (centering, concentration, control, precision, breath and flow), this class will allow students to push their physical limits while honoring their own level of ability. Please bring a Pilates mat and water. Instructor: Felicity Garcia, RYT 200

16+ \$48 MW 8/13-9/05 6-6:45PM CTR  
 16+ \$48 MW 9/24-10/17 6-6:45PM CTR  
 16+ \$48 MW 10/22-11/14 6-6:45PM CTR  
 16+ \$48 MW 11/19-12/12 6-6:45PM CTR

### Tennis Beginner/Intermediate



Learn the skills of tennis through a safe, fun and knowledgeable program! This class offers recreational group tennis lessons for children with various skill levels. Players will learn coordination, equipment knowledge, court etiquette and stroke development.

11-17 \$55 M 9/09-10/21 5:45-6:45PM PP  
 11-17 \$55 M 11/04-12/09 5:45-6:45PM PP

### Tennis Power Hour



Looking for a fun group activity with high energy? Then try this class where you will get a warm up, cardio workout and cool down while playing tennis. It is a great way to get in better shape and burn calories.

18+ \$55 M 9/09-10/21 7-8PM PP  
 18+ \$55 Th 9/12-10/24 7-8PM PP  
 18+ \$55 M 11/04-12/09 7-8PM PP  
 18+ \$55 Th 11/07-12/19 7-8PM PP

### Tiny Tot Sport



Are you ready for a revolutionary sports experience? Our tiny tot sports program is a fun-filled six-week program. This class is designed to teach your little one the basic concepts of soccer, t-ball and basketball. No special equipment is needed other than a smile! A parent or guardian has to be present during the class. All participants receive a t-shirt.

2-3 \$25 M 8/26-9/30 9-9:45AM PP  
 3-4 \$25 T 8/27-10/01 9-9:45AM PP  
 2-3 \$25 W 8/28-10/02 9-9:45AM PP  
 3-4 \$25 Th 8/29-10/03 9-9:45AM PP  
 2-3 \$25 M 10/14-11/18 9-9:45AM PP  
 3-4 \$25 T 10/15-11/19 9-9:45AM PP  
 2-3 \$25 W 10/16-11/20 9-9:45AM PP  
 3-4 \$25 Th 10/17-11/21 9-9:45AM PP

### Yoga for Seniors



Yoga is an endless, individual, inner journey. No competition, goal or judgment. Everyone progress at their own pace. This class focuses on flexibility, strength, endurance, concentration, balance and relaxation. A gentle way to start yoga. Bring a yoga mat, pillow or cushion, water and wear comfortable clothing.

50+ \$25 T 9/03-9/24 10:30-11:30AM CTR  
 50+ \$25 T 10/01-10/29 10:30-11:30AM CTR  
 50+ \$48 T 9/03-10/29 10:30-11:30AM CTR

### Zumba:



Zumba is a latin-inspired, dance-fitness class that incorporates latin and international music and dance movements. This class format combines fast and slow rhythms that tone and sculpt the body in a high impact aerobic/fitness fashion to achieve a unique blended balance of cardio and muscle-toning benefits. Be prepared for an hour of non-stop dancing in a party-like environment.

18+ \$50 T 8/27-12/10 7-8PM CTR

### Zumba Fitness Party



Zumba is a Latin-inspired dance class that incorporates Latin and international music and dance movements, creating a dynamic, exciting, exhilarating, and effective fitness system. Zumba, known as a "Zumba Fitness Party" combines fast and slow rhythms that tone and sculpt the body using an aerobic/fitness approach to achieve a unique blended balance of cardio and muscle toning benefits. Dancers and non-dancers alike immediately and easily master a Zumba class because previous dance experience is not necessary. The Zumba program is the most effective, innovative and exhilarating workout with core elements like touch up, cardio, toning and cooldown.

18+ \$30 W 9/04-9/25 5:15-6:15PM TBD  
 18+ \$30 W 10/02-10/23 5:15-6:15PM TBD  
 18+ \$30 W 11/06-11/27 5:15-6:15PM TBD

### Zumba Toning



Zumba Toning raises the bar. It combines targeted body-sculpting exercises and high-energy cardio work with Latin-infused Zumba moves to create a calorie-torching, strength-training dance fitness. Students learn how to use lightweight, maraca-like Toning Sticks to enhance rhythm and tone all their target zones, including arms, abs and thighs. Zumba Toning is the perfect way for enthusiasts to sculpt their bodies naturally while having a total blast. I will provide the toning sticks needed and if a participant has their own they are welcomed to bring their own toning sticks.

18+ \$50 Th 8/29-12/12 7-8PM CTR



## SPORTS CALENDAR

### Adult Flag Football

Men's Sunday League  
Registration ends Aug 5  
League start Aug 11  
Cost per team \$375  
Registration through Mar 28  
Program starts Apr 7

### Adult Softball

Coed Friday Night Novice League  
Coed Sunday Night League  
Men's Monday Night League  
Registration ends Aug 5  
All leagues start the week of Aug 11  
Cost per Team is \$475

### Youth Flag Football

Early Registration Sep 16 through Oct 20  
Regular Registration Oct 21 through Nov 9  
Player Evaluation Nov 23  
PRACTICE STARTS Dec 9  
Games Jan 11,18,25 Feb 1,8,15,22

For more information, contact  
Community Services at:  
(520) 316-6960

## TRAINING & CERTIFICATIONS

### American Safety & Health Institute CPR



This class provides certification at the community and workplace level. This class will not meet the requirements for healthcare/pro level or EMT classes. First aid certification is not part of this class. Classes run four hours in length and require hands on participation. Instructors are certified through the American Safety and Health Institute (ASHI).

15+ \$25 S 9/21 9AM-1PM TBD

### Intermediate Computer Skills



For personal and/or community enrichment, develop intermediate computer skills by using MS Office Word, PowerPoint, and Excel software applications, web searches, and Internet based applications. Instructor: Laura Zubel

18+ \$49 T 10/22-11/05 7-9PM CAC

## COMMUNITY GARAGE SALE AUGUST 24

Do you have unwanted items cluttering up your garage or home? Come to Pacana Park on Saturday, August 24, 2013 and sell your stuff to bring home some extra cash. You keep the money for the items you sell! The cost to register is \$10 and includes two parking spaces. Registration fees go to support youth recreational programming. Participants will not be able to sell food, firearms or any items inappropriate for minors. Big Brothers/Big Sisters and Deseret Industries will be on site to collect any unwanted items that you would like to donate to charity. Event set-up will start at 6 a.m. The event will run from 7 a.m.-10 a.m. in the south parking lot at Pacana Park. For more information, please contact Rocky Brown at (520) 316-6835 or rocky.brown@maricopa-az.gov.

## Program for Teens...

### Maricopa In Motion

Maricopa in Motion is a free afterschool program that meets after school at local elementary and charter schools on a rotating basis. This program provides fun recreational activities, art & crafts and education on the dangers of drugs and alcohol. For more information and to check our calendar, please visit: [www.maricopa-az.gov/web/youth-teen-programs](http://www.maricopa-az.gov/web/youth-teen-programs).

For more information or contact Rocky Brown at (520) 316-6835 or rocky.brown@maricopa-az.gov

### Next Steps for Teens: Vocational Exploration Program

The Next Steps Vocational Exploration Program developed by ECI combines elements of job readiness training and life skills development to assist high school students in their transition from school into independent adulthood.

Topics include an overview of the college admissions process, resume and cover letter writing, interview skills, money management and more. Students will have an opportunity to assess their skills and interests, talk with recruiters, and develop a personal success plan to guide them through their transition.

Held on Saturdays starting September 7th and runs for 6 weeks.

Registration cost = \$30

For more information, please contact Rocky Brown at (520) 316-6835 or rocky.brown@maricopa-az.gov.

